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Claims Massive Doses of Vitamins Can Improve The Mental Health of 20 Million Americans

By DAVID KLEIN

“Massive doses of vitamins cure some people of mental disorders, senility, alcoholism and even childhood learning problems,” Nobel Prize winner Dr. Linus Pauling told The ENQUIRER.

“We have definite knowledge that these huge doses — megavitamins — are related to at least the symptomatic cure of some kinds of mental illness,” said Pauling. “Two years of experiments with more than 1,000 schizophrenics showed that approximately 60 percent treated with megavitamins either improved considerably or were completely cured of all symptoms.”

Dr. John Blass, physician and biochemist at the Neuropsychiatric Institute at UCLA — and the man described by Dr. Pauling as the “forerunner” in the megavitamin theory — told The ENQUIRER: “I am confident but cautious in predicting that megavitamins will be a miracle cure. It is a matter of time.”

Dr. Blass called 20 million Americans “a conservative estimate” of the number of people the “megavitamins” will benefit.

Megavitamin doses amount to from 50 up to more than 1,000 times the minimum daily requirements of vitamins B3, C, niacin and thiamin, depending on the patient, he said. “But megavitamins don’t work on everybody.

“And attempting to use such massive doses for self-treatment would be very dangerous — and could even be fatal.”

Dr. Blass explained how megavitamins work:

“The therapeutic megavitamins have one chemical in common — nicotinic acid,” he said. “A person’s emotions

are controlled by chemicals in the brain.

“We believe nicotinic acid ‘rights’ the chemical balance of the brain and thereby cures many major psychological problems.”

Children with a deficiency of nicotinic acid lack the tireless energy of normal children, said Dr. Blass. They have trouble concentrating and their learning and intelligence are badly affected. “Megavitamin doses seem to increase intelligence among them,” he said.

“We ran tests on more than 300 children with learning problems and found that megavitamin therapy cured more than 40 percent.

“Nicotinic acid has also been shown to play a part in relieving senility among the elderly.

“Senility is a result of reduced blood flow to the brain. Nicotinic acid has increased the flow in quite a number of cases.

“The part nicotinic acid plays in curing alcoholism is complex, but one fact is that almost all alcoholics show a thiamin deficiency. Thiamin is largely nicotinic acid.

“Also, if megavitamin doses cure mental disorders in most cases, that would encompass the reasons for alcoholism — depression, mood fluctuation and irritability.

“And nicotinic acid speeds up the body’s metabolism and simply makes it more difficult for the patient to get drunk.”

But Dr. Blass cautioned that it is much too soon to proclaim megavitamins a new wonder drug. “If and when they successfully fulfill more experiments, megavitamins will be a major breakthrough in medical science,” he said.

“We are hopeful, but cautious.”